Wednesday's Jackpot
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estimated
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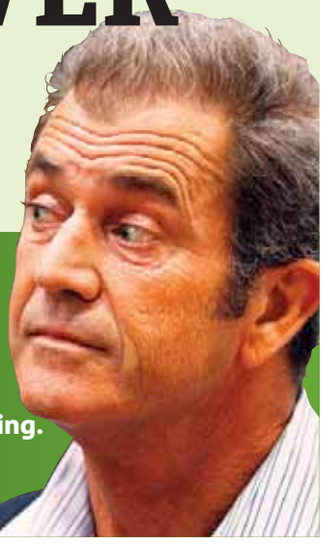
COUNTERPRODUCTIVE
VITAMIN PER DAY KEEPS VICES IN PLAY, STUDY SHOWS {page 21}

BEL-EAVER
GIBSON HAS DIRECTOR'S SUPPORT {pages 18-19}



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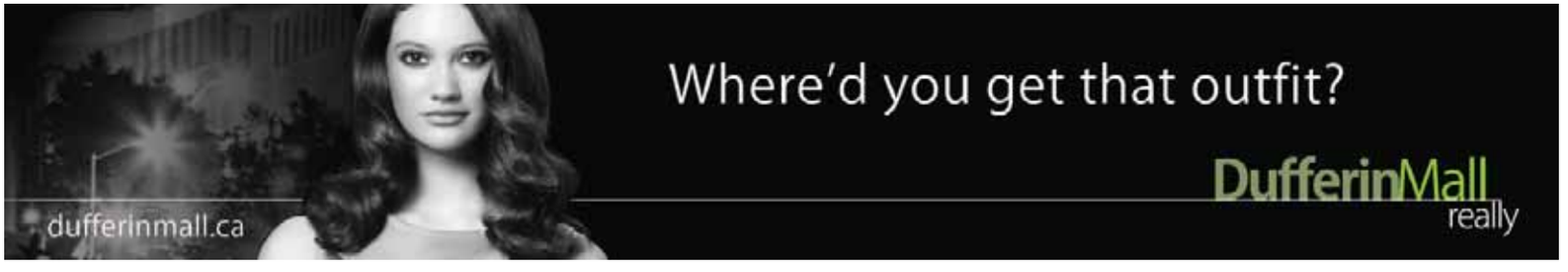
RYAN REMIORZ/THE CANADIAN PRESS

Majority maker

▶ Harper finally gets full mandate ▶ NDP to form official Opposition ▶ Ignatieff loses seat {pages 3, 4 & 6}



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Ignatieff's fate grim after historic defeat

Michael Ignatieff accepted responsibility yesterday for leading the once-mighty Liberal party to its worst defeat in history, but he didn't immediately offer his resignation.

Rather, Ignatieff — who lost his own seat , placed his fate in the hands of party faithful, who are divided over what should happen next.

"I will play any part that the party wishes me to play as we go forward to rebuild, to renew, to reform the vital centre of Canadian politics," he told stunned supporters in Toronto.

"I will serve as long as the party wants to make me serve or asks me to serve and not a day longer."

Before the full extent of the Liberals' blowout became clear, there were some prominent Grits willing to contemplate giving Ignatieff a second chance in the next election. But the fact that Ignatieff lost his Etobicoke-Lakeshore seat made it difficult to imagine him sticking around for very long.

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

▶ Michael Ignatieff addresses supporters last night.

Harmonized bylaw blurred by politics

Former mayor Miller's simplified but imperfect zoning rules have produced anything but harmony

Its passage was one of David Miller's final acts as mayor.

Consequently, the fate of the harmonized zoning bylaw is now being determined by a heated and politicized debate.

In August, when Miller and his allies approved a one-city, one-rulebook zoning bylaw — overhauling a pre-amalgamation mishmash of 43 regulations — it was heralded as an unglamorous but important achievement.

The 2,700-page document would establish one legal definition of "apartment," rather than five. "Gross floor area" would mean the same thing in North York as it did in the downtown core.

The development industry immediately objected, arguing the hefty document had been rushed through ahead of the municipal election and contained a multitude of technical errors. TORSTAR NEWS SERVICE

694 Eight months later, 694 appeals of the bylaw have been filed with the Ontario Municipal Board.

KIN CHEUNG/THE ASSOCIATED PRESS

▶ David Miller attends the C40 Hong Kong Workshop of the International Conference on Climate Change 2010 in Hong Kong.

1 news

Risks, shmisks: Site of Japan's nuclear disaster becomes a tourist attraction.

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Allan Small on the impact skyrocketing gold and silver prices may have on investors. More at metronews.ca/investing

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Snags reported at polling stations across the city

Unopened or relocated locations were some of the incidents reported

Seniors and nursing home residents say they were prepared to vote yesterday morning until apparent election hiccups left them confused and upset.

Inara Androvics Houston, 59, who is recovering from a back injury in the Hawthorne Place Care Centre on Finch Avenue West, said no one from Elections Canada arrived to open the polling station all morning.

"Quite a few residents are upset," she said. "There's a big sign up, but nobody is here."

And Clayton Anderson, who lives in a seniors building on Davenport Road, said he was shocked yesterday to find the polling station had been moved a couple of blocks away.

"We just found out this morning and it's too far to go to vote," Anderson said. "The election was supposed to be in this building."

He said dozens of residents were not going to make the trek to vote.

A spokesperson for Elections Canada was not available for comment.

TORSTAR NEWS SERVICE

More hiccups

- A voter card received by a Toronto Star photographer sent him to a school in his neighbourhood — Monsignor Fraser School, formerly St. David's — that has been torn down.
- He said the location where the polling station was to be is an empty field. He said sometime later, a new voting card came directing him to the correct polling station.

KEITH BEATY/TORSTAR NEWS SERVICE

▶ New Democrat Leader Jack Layton and spouse Olivia Chow head home after voting at the Cecil Street Community Centre. The young girl is Sapphire Newman-Fogel, 9, who accompanied Layton and Chow in conjunction with Take A Girl To Vote (takeagirltovote.org). The NDP will be the new official Opposition in Parliament for the first time in Canadian history.

Police still searching for casino-going mom

York Regional police are still trying to fit the missing pieces together in the disappearance of 40-year-old Fang Lin.

Police say Lin frequented casinos, but so far those leads have led nowhere.

Her new purple Porsche Cayenne was found abandoned at a plaza where it was common for casino operators to pick up passengers and shuttle them to Fallsview Casino or Casino Rama.

However, police verified she didn't appear at either casino since April 21.

Lin is a single mother of a 14-year-old boy, with a brother in China. She had been in an auto accident and had received a settlement. She had been working at home at the time of her disappearance.

She was known to park her car at the plaza on Highway 7, east of Bayview Avenue at Valleymede Drive, where her car was found abandoned a few days after she was reported missing. Currently, it is a missing person report, but homicide is assisting in the case. Police say it is unusual for her to go this long without contacting her son.

There were no signs of a struggle at her home or around the vehicle. Police don't know if she just picked up and left or if something has occurred.

TORSTAR NEWS SERVICE

POLICE HANDOUT

▶ Fang Lin was last seen April 21, 2011.

Police seek tips

- Police still want people to come forward with information regarding her actions on April 21 and want to hear from people who may have seen activity around her high-end vehicle between April 21 and April 23.
- Lin is described as Chinese, five-foot-three, with a thin build.

14 people charged with trafficking, conspiracy

York Regional police have laid drug-related charges against 14 Toronto-area suspects after breaking up a suspected drug trafficking operation last Friday.

York police's vice unit charged 14 males, all between the ages of 16 and 23, with such offences as possession, conspiracy to traffic cocaine and marijuana and possessing a weapon. TORSTAR NEWS SERVICE

HANDOUT

▶ Marijuana plants

Authorities investigating helicopter crash with three Canadians on board

Federal Aviation Authorities in the U.S. are investigating a helicopter crash in Pennsylvania over the weekend involving three Canadians.

The Canadians were employed by Cineflix, a television production company with offices in Toronto, said an FAA spokesperson.

The helicopter was carrying four people at the time of the crash, he said.

A police spokesperson said yesterday one of the Canadian occupants was able to walk away from the wreckage with minor abrasions. The other two Canadians are in stable condition. TORSTAR NEWS SERVICE

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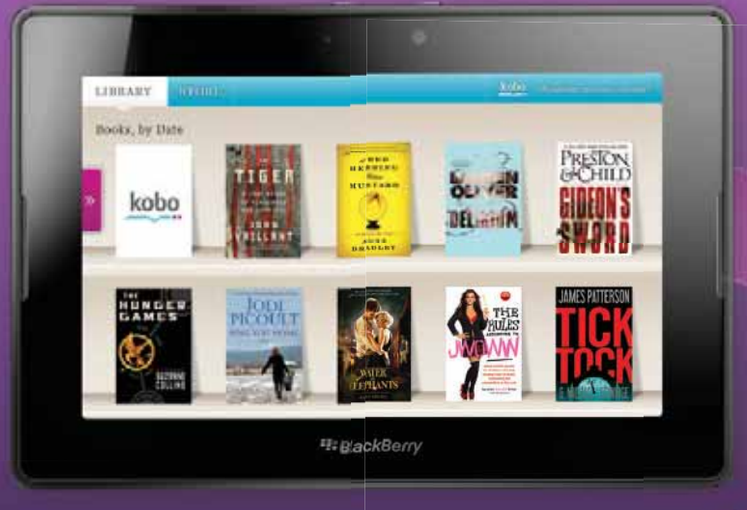

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Monumental shift in political landscape

- Tories win coveted majority
- NDP made official Opposition

Election 2011

Prime Minister Stephen Harper has sealed his place in the history books, rolling to his third consecutive Conservative election win and landing the majority for which he was openly campaigning.

Harper joins Canada's first prime minister, Sir John A. Macdonald, and 1950s-era John Diefenbaker as just the third Tory to prevail in three consecutive federal votes.

In the process, he has also delivered a historic defeat to Canada's once "natural governing party," as Michael Ignatieff's Liberals tumbled to third place in the seat standings behind the NDP.

The New Democrats, who had hoped to ride a mid-campaign surge of support to an orange revolution, become Canada's official Opposition for the first time.

The Conservative run started in Atlantic Canada, where the Tories overtook the Liberals in the popular vote and added three of the 12 additional seats needed to ensure solid control of Parliament.

Ignatieff, the subject of more than a year of negative Conservative advertising going into the 36-day race, proved to be a game campaigner but his anti-Harper call for change appeared to benefit Layton.

THE CANADIAN PRESS

STEVE RUSSELL/TOSTAR NEWS SERVICE

▶ Jack Layton watches the election results with his wife, Olivia Chow, in the presidential suite last night at the Intercontinental Hotel in Toronto.

Conservatives dominate in battleground Ontario

A historic election that will see the Conservatives form another government and the NDP surge to second place is making waves in Ontario.

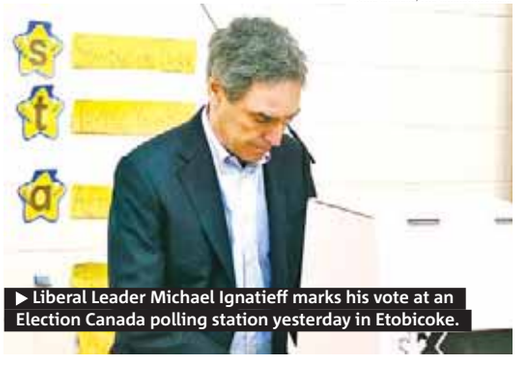
Early returns from yesterday's federal election showed the Conservatives dominating with 45 per cent of the popular vote and 42 seats in the province.

The NDP switched places with the Liberals, taking 11 seats with 29 per cent of the popular support compared to just one seat and 22 per cent for the Grits.

In 2008, the Tories won 51 seats in Ontario with the Liberals taking 38 and 17 going to the NDP.

Cabinet minister Tony Clement and Jim Flaherty held on to their seats yesterday, while Helena Guergis lost her battle to hang on to her riding of Simcoe-Grey as an Independent to Tory candidate Kellie Leitch.

MIKE CASSESE/THE CANADIAN PRESS



▶ Liberal Leader Michael Ignatieff marks his vote at an Election Canada polling station yesterday in Etobicoke.

And with a provincial vote just five months away, the drama isn't over just yet.

Yesterday's outcome could force Ontario's three major parties to re-calibrate their own campaign strategies heading into the Oct. 6 election.

Traditionally, Ontario voters prefer having a different party in power federally from the one governing provincially, said Myer Siemiatycki, a politics professor at Ryerson University.

So the Conservative victory bodes well for Premier Dalton McGuinty's Liberals, who are hoping to win a third term in the fall election.

"The fact that the Liberals are federally polling rather poorly, ironically looks like it could be an advantage to Mr. McGuinty," said Siemiatycki.

THE CANADIAN PRESS

Election tweets

Early election results were leaked out Twitter. The tweets, many of which carry the hashtag "#tweettheresults," were visible to everyone.

- **@NaomiAKlein:** May this usher in the true end of the Bush Era, and that includes you Stephen Harper. #binladen #outwiththeold #elxn41 #cdnpoli
- **@EmmMacfarlane:** Rumour has it Bin Laden died of a heart attack after seeing NDP polling numbers. #cdnpoli #elxn41
- **@DemocracyCanada:** Stephen Harper breaks election rules, campaigns on radio on election day http://exm.nr/m3Vff3 #cdnpoli #elxn41 via @starstriding
- **@spaikin:** never met a more pompous returning ofcr than at layton's voting stn. As the media arrived, she shouted to the others: "battle stations!"
- **@Forian:** Atlantic Canada Results 7:58 p.m. EST LIB: 10 NDP: 8 CON: 7 #cdnpoli #electionday #elxn41 #elx41 #tweettheresults #fed2011 #vote
- **@MowatCentre:** Our two year old happily went to vote because we promised Smarties. I think we're onto something to boost turnout ...
- **@scottfeschuk:** Oh, so now CBC is going to pretend they didn't show us anything. WE CAN'T UNSEE WHAT'S BEEN SEEN, Peter. TORSTAR NEWS SERVICE

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AL-QAIDA PROPAGANDA

New tape expected from bin Laden

U.S. intelligence officials believe Osama bin Laden made a propaganda recording shortly before his death and expect that tape to surface soon.

It is unclear whether the tape is audio or video, but a U.S. official says that intelligence indicates it is already working its way through al-Qaida's media pipeline. The official said the timing was coincidental and there is no indication he knew U.S. forces were bearing down on him.

A new recording from bin Laden would provide a final word from a terrorist who taunted the U.S. with recorded propaganda for years. It could also provide fodder to those who insist he is still alive.

THE ASSOCIATED PRESS

Europe preps for retaliation

Several European nations tightened security yesterday and urged citizens to stay vigilant as Interpol warned of possible retaliatory attacks for the U.S. killing of Osama bin Laden.

THE ASSOCIATED PRESS

UN expert says killing legit option

U.S. forces may have had no other option but to kill Osama bin Laden during the top-secret raid on his Pakistan hideaway, a UN human rights investigator said yesterday.

THE ASSOCIATED PRESS

Bad news for Osama is good news for Obama

SPENCER PLATT/GETTY IMAGES

▶ A newspaper vendor displays papers yesterday in New York City heralding the death of Osama Bin Laden.

Pollsters predict Obama will see big bounce in public opinion polls

Friends and foes alike had high praise yesterday for the biggest achievement of Barack Obama's presidency — bringing Osama bin Laden to justice years after his predecessor, George W. Bush, pledged in vain to do the same.

After years of fending off accusations from the right that he's soft on terror, Obama was lauded as a commander-in-chief with resolve and determination following the death of bin Laden in Pakistan when the president ordered U.S. Navy SEALS to move in for the kill.

Even former vice-president Dick Cheney, a relentless critic of Obama's anti-terror policies for three years, called the killing "a tremendous achievement for the military and intelligence professionals who carried out this important mission."

Donald Trump, reportedly still smarting from a series of well-aimed zingers from Obama and comic Seth Meyer at the annual White House correspondents dinner over the weekend, was both complimentary and conciliatory. "I want to personally congratulate President Obama and the men and women of the armed forces for a job well done," Trump, currently flirting with a run for the Republican nomination, said in a statement.

THE CANADIAN PRESS

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FOUNDATIONS OF HOPE

DAVID TSIGOULIS

Johanna was born three months premature and with a host of medical issues.

Reyna was three months pregnant with her first child when she was stricken with acute pains in her abdomen and back.

It was another three months before a clinic diagnosed a kidney infection.

In North America, pregnant women with this serious complication are typically hospitalized and given antibiotics intravenously. But in rural El Salvador, where Reyna lives, doctors induced labour. Baby Johanna was born weighing just one kilogram (2.4 pounds) and with a constellation of medical issues – a malformed hip, a collapsed lung and blood clots in her brain.

Today Johanna is four. She is bright and loves to draw, but is not yet able to walk. Her vision is extremely poor. Glasses would help, but her family can't afford them.

Officially in El Salvador, 30 percent of the population lives in poverty. But Reyna and thousands of others are the faces and people behind the sterile statistic. And the real story is about a daily, heartbreaking search for work (which may pay only $4 or less a day), inadequate food and poor health care and schools.

But that story is still being written.

"What makes me optimistic is meeting the people and seeing their hope, even though they live in such vulnerable conditions," says Laura Mata, chief of communications for World Vision El Salvador. Laura's organization is helping to lay the foundations of that future. By sponsoring children like Johanna, Evelyn and Karla, Canadians through World Vision Canada help fund nutrition circles that give women access to nutritious food for their families and preschools get children off to a good educational start. Johanna may receive funding assistance for her glasses, but she will also have a chance to attend children's clubs where she can explore art, music and other activities that nurture her potential.

"These kinds of projects are changing lives," says Laura. "But our country needs help. We can't do it by ourselves."

EL SALVADOR:

Although El Salvador has been slowly recovering from a devastating 12-year civil war that ended in 1992 and its economy is improving, gang-related violence is extremely pervasive. In addition, El Salvador has suffered a succession of natural disasters: in addition to active volcano eruptions, an earthquake in 2001 killed at least 1,200 people and left 1 million homeless. The average per-person income is just US$3,370 (in Canada, it is $41,980).

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JOHN HEILPRIN/THE ASSOCIATED PRESS

▶ Carmen Binladin, former sister-in-law of Osama bin Laden.

Bin Laden's sister-in-law speaks

Carmen Binladin says many of Osama's family members in Saudi Arabia would have been distraught over his death Speaks from hotel in Geneva

Osama bin Laden would have chosen death over capture, the al-Qaida chief's former sister-in-law said yesterday, hours after he died in a firefight with American forces at a hideout in Pakistan.

Swiss-born Carmen Binladin told The Associated Press her former brother-in-law would have wanted to die "rather than face justice in an American court."

She also believes bin Laden had powerful supporters who protected and funded him up until the end.

"I have always thought that he had tremendous protection," said Binladin, who spells her surname differently than Osama and his extended family in Saudi Arabia.

"The money must have come from somewhere," she said, referring to the extensive compound in which he died in Abbottabad, Pakistan. THE ASSOCIATED PRESS

Terror chieftain's mystique will continue to live on

Knowing there would be disbelievers, the U.S. says it used convincing means to confirm Osama bin Laden's identity during and after the firefight that killed him.

But the mystique that surrounded the terrorist chieftain in life is persisting in death.

Was it really him? How do we know? Where are the pictures?

Already, those questions are spreading in Pakistan and surely beyond.

In the absence of photos and with his body given up to the sea, many people do not want to believe bin Laden is really dead.

U.S. officials are balancing that skepticism with the sensitivities that might be inflamed by showing images they say they have of the dead al-Qaida leader and video of his burial at sea.

Still, it appeared likely that photographic evidence would be produced.

"We are going to do everything we can to make sure that nobody has any basis to try to deny that we got Osama bin Laden," John Brennan, U.S. President Barack Obama's counterterrorism adviser, said yesterday.

He said the U.S. will "share what we can because we want to make sure that not only the American people, but the world understand exactly what happened."

THE ASSOCIATED PRESS

Burial at sea

▶ **Islamic traditions** The swiftness of the burial may have raised suspicions but was in accord with Islamic traditions. Islamic scholars, however, challenged U.S. assertions that a burial at sea was an appropriate fate for a Muslim who had died on land.

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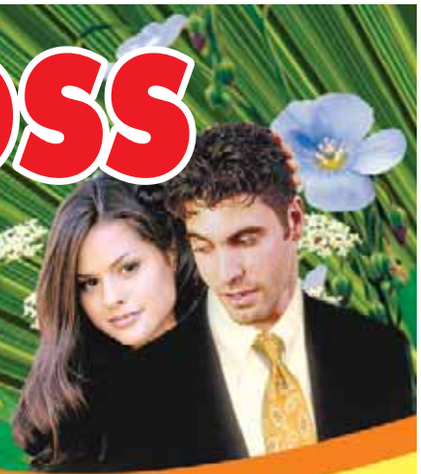

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How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

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RIM on the ropes with new phones

Debuts BlackBerry Bold models and PlayBook apps
But analysts say it's not enough in cutthroat market

Research In Motion may be waiting too long to debut its new generation of BlackBerrys early next year in the competitive smartphone market, analysts say.

"The BlackBerry phones need a fresh start now," Sascha Segan, PC Magazine's lead mobility analyst, said yesterday from the BlackBerry World Conference in Orlando, Fla. "Without a major change to their software, they're not going to attract new developers and consumers."

The Canadian smartphone maker announced two new BlackBerry Bold models with an upgraded operating system and some software applications at its annual conference.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 10.28 (13,934.51)	– 0.49¢ (105.17¢ US)
Oil	**Natural gas 1,000 cu ft**
– 41¢ US ($113.52 US)	$4.763 US (+ 0.14¢ US)
	Gold contracts
	$1,557.10 US (+ 70¢ US)

However, it's not what analysts believe is critical to RIM's future. In early 2012, RIM will launch a line of BlackBerry "super phones" with the same operating system as its new PlayBook tablet. The QNX system is expected to give users a better web experience and allow them to run multiple software applications.

Technology analyst Anil Doradla, of U.S.-based William Blair & Co., says the market and trends could very well change by the time RIM launches its new smartphones, and RIM will have to make good on its promises for the QNX-based BlackBerrys.

"From an investor's point of view, it will be a credibility issue," he said

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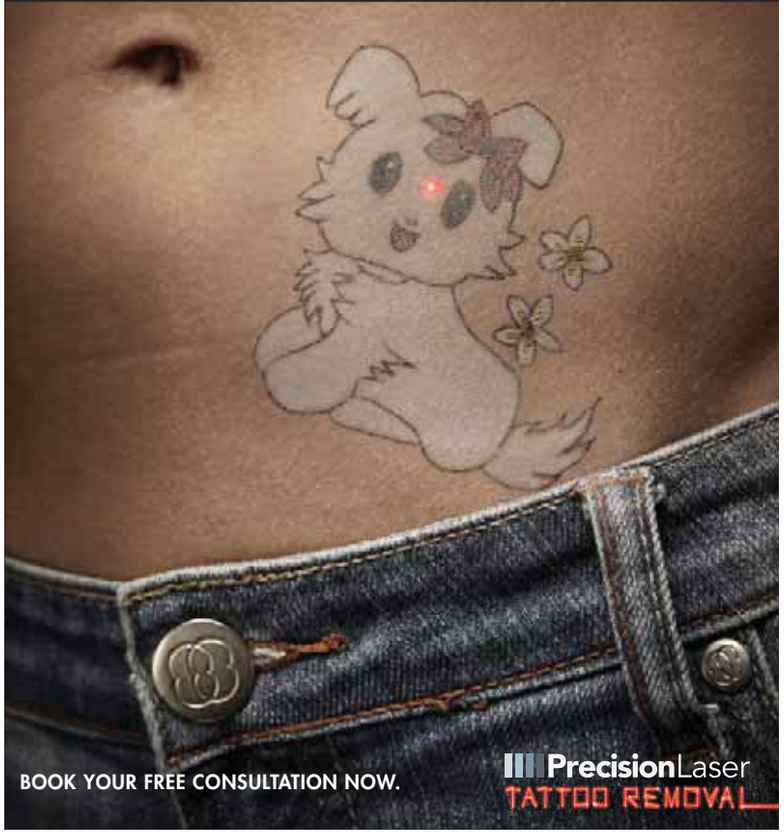

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TRYING TO CATCH UP FOR LOST TIME

SHE SAYS ...

JESSICA NAPIER
METRO

We all have bad habits: Smoking, nail biting, littering. For me, procrastination is one particular vice that I would like to give up for good — if I could just get around to it.

They say don't do tomorrow what you can do today. And I try, I really do. I repeat this mantra over and over again, but I always wind up pushing those nagging tasks to the back of my mind until it's too late. When faced with an unwanted chore I'm too willing to delegate the task to Future Jessica.

I thought that once I had pulled my final all-nighter and left my student lifestyle behind I would stop cramming for exams and grow out of my counterproductive tendencies. And yet here I am, years later and I'm still leaving things to the last minute.

There are tons of tasks — both big and small — that I avoid day in and out. From scrubbing out the dirt in between the keys on my MacBook to changing the light bulb that burnt out in 2009, there is no chore I won't ignore. I have become a certified hesitator, an expert dawdler.

"There are tons of tasks — both big and small — that I avoid day in and out. From scrubbing out the dirt in between the keys on my MacBook to changing the light bulb that burnt out in 2009 there is no chore I won't ignore. I have become a certified hesitator, an expert dawdler."

Why do so many of us spend our time avoiding the inevitable?

There are plenty of excuses; perhaps you "work best under pressure" or are easily distracted or there just aren't enough hours in the day. But I think we all realize that, ultimately, procrastination isn't really about time management at all.

The desire to postpone those less than exciting tasks doesn't come down to scheduling; it's all about choice, and maybe a little anxiety. I didn't file my tax return at 8 p.m. on April 30 because I didn't have time; it was because I really, really didn't want to do it.

Knowing you should do something and putting it off regardless is a psychological problem, not an organizational one.

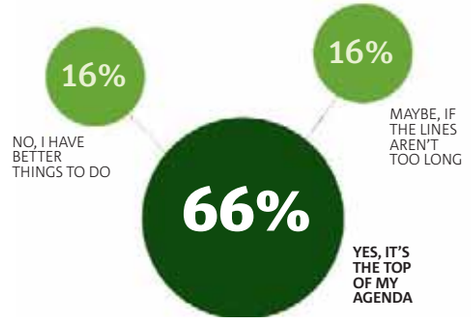
Starting the job, whether it's an unruly pile of laundry or a long list of emails that need replies, is always the hardest part. The key is to reframe these tasks in your mind — don't focus on the hard work associated with studying for a test but the satisfaction you will get from finishing it.

When we take the time (pun intended) to rethink our reasons for delaying and dilly-dallying then we might actually figure out how to move past this bad little habit ... eventually.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

Are you hitting the polls Monday?



Local tweets

- **@Melyssa86:** Dear idiots on my facebook saying "vote with your heart": This isn't American Idol. Vote with your head.
- **@jamescowan:** Thank you Elections Canada for placing my polling station so close to my local bakery. Only thing tastier than democracy is brownies.
- **@lianeiam:** Walked to polling station, just in time for the sun to come out. My sinuses didn't appreciate it but civic duty done!
- **@sween:** Voting in a Canadian election is hard. They never leave enough room on the ballot to apologize to every candidate you don't vote for.
- **@olivertown:** My #election-day prediction: Likely: CONS (145), LIB (75), NDP (55), BQ (33) Hoping: CONS (155), LIB (65), NDP (50), BQ (38)
- **@lizmglenn:** Lovely lunchtime outing to the polls! Elections Canada employees are always so nice!
- **@petiteitc:** Eenie meenie miny moe #elxn41
- **@Brad_Gagnon:** If you're not voting, it's because you're lazy, ignorant and/or spoiled, and you don't have enough respect for democracy and your country.

Worth mentioning

NEW YORK. Governments worldwide are developing new tools to censor reporters as the media increasingly moves online, the Committee to Protect Journalists said yesterday.

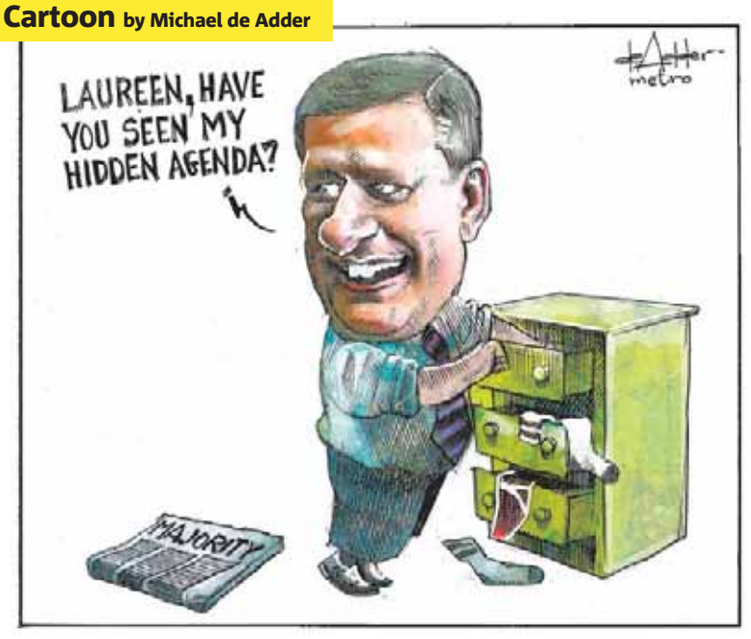
In a report released on the eve of today's World Press Freedom Day, the committee said 69 journalists whose work appears mostly online were jailed as of Dec. 1, representing almost half of all reporters imprisoned worldwide.

The press advocacy group said the sophisticated censorship techniques are often coupled with physical intimidation of online journalists.

"These sophisticated, often invisible, attacks constitute a new front in the fight for press freedom," said Danny O'Brien, CPJ Internet Advocacy Co-ordinator and the report's author.

O'Brien said the techniques go well beyond web censorship, with governments using the Internet to spy on writers and sabotage independent news sites. "The aim is not only to censor but to block or disrupt the reporting process and the dissemination of news and information," he said. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

Treasure trove unearthed in backyard

A trove of medieval jewelry and other precious objects found by a man working in his backyard includes pieces made for a royal court and may be worth as much as $142,000, Austrian government experts said yesterday.

The officials from Austria's department of national antiquities and the Academy of Sciences said they were only at the beginning of their investigation into the provenance and other details of the find.

"We have in front of us high-end products (made) for the highest consumer class of central Europe" of the Middle Ages, academy member Thomas Kuehtreiber told reporters as security guards revealed some of the rarer pieces.

The Federal Office for Memorials said the trove consists of more than 200 rings, brooches, ornate belt buckles, gold-plated silver plates and other pieces or fragments, many encrusted with pearls, fossilized coral and other ornaments. It says the objects are about 650 years old. The location of the find lies on an important medieval trading route that ran between Poland and Italy, officials said.

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No easy workouts for actress Mendes

New EasyTone products from Reebok help give a boost to work out routine by providing extra resistance

JANINE FALCON
SCENE@METRONEWS.CA

"I'm just like everyone else," says Eva Mendes. "I do not enjoy going to the gym, but I do it because I have to do it for my mind, for my body, for my soul, and for my career."

And that fitness is not on her list of fun things to do makes the actress a relatable spokesperson for Reebok EasyTone, the athletic-wear brand's line of toning apparel and shoes.

"What I like about EasyTone is that they help me fit more exercise in when I'm running around," Mendes explains in a recent interview with Metro.

"Easy" may be part of the Reebok toning technology name, but don't make the mistake of thinking this is clothing that works hard FOR you. In fact, it's apparel that makes YOU work harder. Although the shoe looks like a regular sneaker, the EasyTone shoe sole features an air chamber that compresses as it hits pavement. It simulates the balance ball movement, creating an imbalance that forces the wearer to work a little harder as she walks.

"I love the idea of killing two birds with one stone. You're already going to be out there running errands, running around with your kids or your dog," notes Mendes, who says she wears hers to walk and hike. "So why not use a shoe that helps you out and tones you up a bit while you're doing it?"

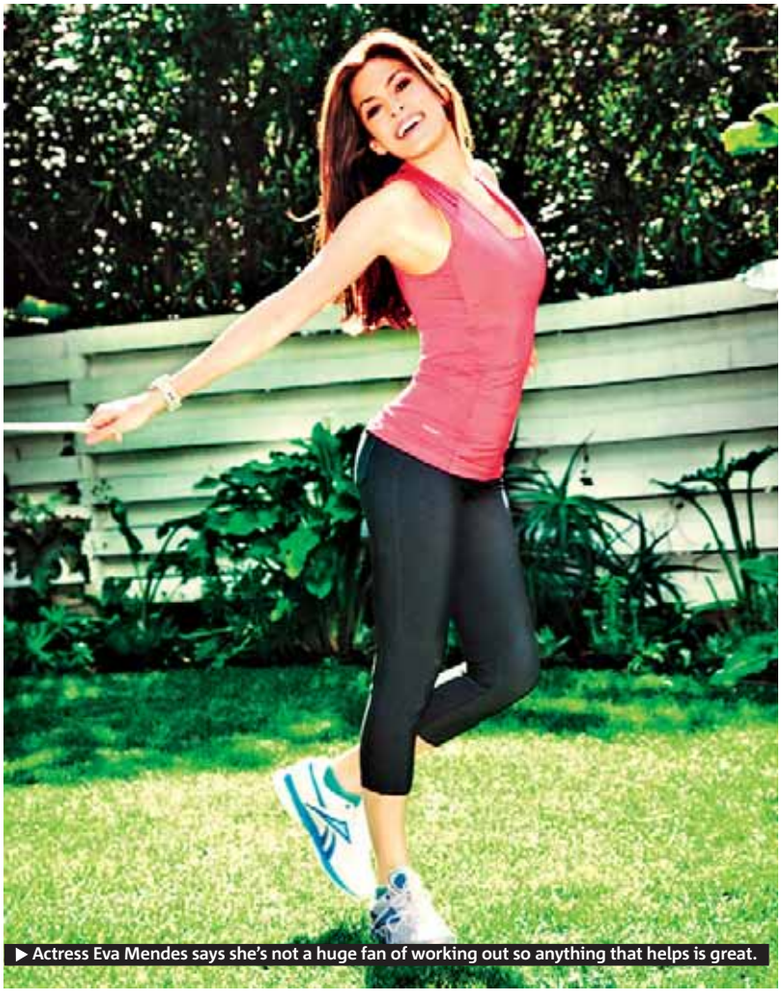
The clothing features high-tech tension fabric bands at the shoulders, between the shoulder blades, at the torso, and, in the pants, at the hamstrings, to create muscle resistance as the wearer walks or runs.

"The thing I love about the clothes is that they support everything, give you a nice shape, and remind you to maintain your posture," says Mendes.

Where to buy

Sport Chek. The EasyTone shorts are $54.99, EasyTone shoes are $109.99, and the EasyTone Sleeveless top is $64.99. Available at Sport Chek locations across Canada.

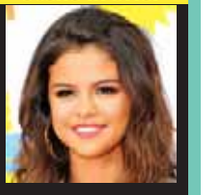
CONTRIBUTED



▶ Actress Eva Mendes says she's not a huge fan of working out so anything that helps is great.

2 scene

Scene in brief



Teen star Selena Gomez has been announced as co-host of next month's MuchMusic Video Awards. The Wizards of Waverly Place star will also perform at the annual bash, to be held June 19. Gomez will share the hosting duties with MuchMusic VJs.

THE CANDIAN PRESS

Charlie Sheen tours tornado damage in Alabama, says he wants to organize relief event

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DVD Releases this week

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GETTY IMAGES

▶ Kato (jay Chou) and The Green Hornet (Seth Rogen)

The Green Hornet
Genre: Action
Director: Michel Gondry
Stars: Seth Rogen, Jay Chou

You can see where schlubby Canuck Seth Rogen comic and his co-writer Evan Goldberg are coming from. Tired of the usual heroic clichés and time-wasting exposition, they set out to mock the whole process.

Yet at the same time, they can't resist buying into the superhero myth.

The standard razzmatazz still feels like work even when it's being played for supposed laughs. Reid fusses about finding the right name, getting the right car and establishing motivation (the playboy needs to prove his stern dead papa was wrong about him).

The fact that Rogen's Green Hornet actually is a party animal — his real identity is the spoiled L.A. newspaper heir Britt Reid, who doesn't even read — only makes the matter all the more confusing.

Meanwhile, Reid's trusty assistant Kato, played by Taiwanese pop star Jay Chou, obviously didn't get the memo about the film being a parody. He plays the conventional superhero sidekick, coming perilously close to a racist Asian stereotype.

Chou does all the heavy lifting, both literally and dramatically, while Rogen cracks wise and takes all the credit — the combo never really clicks. It's just one of the film's many gags that attempt to run but stumble instead.

Putting Michel Gondry in charge of direction was an idea that equally fails to pay dividends. The French fabulist's action sequences lack flair — including the slow-mo previews of violence to come, a direct steal from Sherlock Holmes.

Gondry's cluelessness is most apparent in his handling of co-stars Christoph Waltz and Cameron Diaz.

Waltz is wasted in the role of an L.A. crimelord who suffers from esteem issues. Diaz is equally under-employed as an ace reporter forced to toil as Reid's personal secretary.

As Rogen and Gondry now realize all too well, it's hard to be klutzy and cool at the same time, especially when you're not sure why you're doing it in the first place.

PETER HOWELL

Curling
Genre: Historical drama
Director: Denis Côté
Stars: Emmanuel Bilodeau, Philomène Bilodeau

The films of Quebec's Denis Côté are not the cinema of conventional narrative or easy resolution. Not a single line of dialogue is wasted and every carefully composed frame requires study.

Côté makes finely wrought studies of people trapped in time and space, human ciphers who are mysteries even to themselves.

Yet Curling, the most polished of Côté's five features since 2005, presents us with his most emotionally involving characters: father and daughter hermits Jean-François and Julyvonne, played by real-life father and daughter Emmanuel Bilodeau and Philomène Bilodeau.

We can't help feeling for their dilemma, even as we dread that something terrible might be hidden behind their awkward smiles. Set in deep winter in a remote Quebec village, where the cold constrains emotions, the film's deceptive quietude keeps us on edge, wondering what's really going on.

And a keen appreciation that we're witnessing the most accomplished work yet of a new Canadian auteur, but of a new Canadian master.

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Akerman takes on challenging roles

Malin Akerman, the instant fan boy sensation as Laura Jupiter/Silk Spectre II in Watchmen, is nothing if not diverse.

She is replacing Lindsay Lohan in Inferno: A Linda Lovelace Story, and she recently appeared as a cancer patient in Happythankyoumoreplease.

Now, Akerman plays news photo editor Robin Comley in the fact based drama The Bang Bang Club, set during the final days of apartheid in South African .

Playing Comley gave Akerman the chance to try something new.

Comley's job was to stay calm and keep her team of combat photographers on track as the nation came apart at the seams.

It was a role Akerman found challenging, difficult and — on one occasion — chilling.

▶ Malin Akerman stars in The Bang Bang Club.

She and co-star Ryan Phillippe were filming in a township shack where deadly attacks had occurred. Akerman told writer director Steven Silver she had to leave.

"It was just this was a real moment. I asked Robin how she could handle it. She said "We can. This is all you can do. I was cool as a cucumber; I had to keep it together for everybody".

I told her she was my hero. I would have gone a different way with it.

ANNE BRODIE

Actor-director turns what could have been a silly comedy into a serious drama Stands by casting of Gibson in lead role despite controversy in his life

Foster shows bravery with The Beaver

STEVE GOW
SCENE@METRONEWS.CA

With her latest foray into directing, two-time Oscar-winning thespian Jodie Foster is braving untested waters by casting Mel Gibson as a depressed executive who overcomes his grief with the aid of a hand puppet.

Oh, and it's a serious drama by the way.

"It very much could have (been a comedy)," said Foster of her new movie The Beaver. "There's lot of other directors that could've focused on one (genre) at the exclusion of the other but I didn't. It very much is a drama and yet it has a light touch to it."

Indeed, that levity must have been inherent in the cleverly-written script (voted the "best unproduced screenplay" of 2008) — a truth affirmed by the original interest of funnyman Steve Carell and Austin Powers director Jay Roach.

"They would have made an incredible movie which I would've loved to have seen," admitted Foster. "Every director shapes their project. I also do very personal films and when you make a personal movie, you tend to download your whole life story onto the page."

In this case, The Beaver is a touching drama that explores themes of family and loss. Gibson's sobering performance may even supersede the controversy the actor has amassed lately. Besides, Foster hired the star before a personal domestic violence dispute became tabloid fodder and she hopes that notoriety

Quotes

- **Jodie Foster on directing:** "The thing I like about my movies is that they're intricately planned," insisted Foster. "Everything's a choice and nothing is haphazard but the seams don't show. And I like when the seams don't show."
- **Balancing the Silly and Serious:** "In the beginning of the film, there's a lot of humour," said Foster. "Little by little, as (the character's) psyche changes and the beaver starts taking over, it becomes a much more dramatic and intelligent film."

▶ Jodie Foster and Mel Gibson star in The Beaver.

won't upstage Gibson's performance.

"The actor brings everything to the table and casting is everything," said Foster of Gibson — himself an accomplished actor-turned-director. "(Actor-directors) are the one person outside maybe the camera operator that understand why a scene works and why it doesn't and that's not something you can immediately explain to people."

Exploring if a soap opera can heal a nation

ADAM NAYMAN
SCENE@METRONEWS.CA

▶ The Team is a documentary that follows the filming of a Kenyan soap opera about a multi-ethnic co-ed soccer team.

"When I heard that somebody in Kenya was creating a soap opera to promote social change, I thought it was a great story," Patrick Reed said. "I knew that there would be interesting characters to follow, and that it would also be a chance to make an African movie with a feel-good ending."

Which is not to say that Reed's new documentary The Team, which makes its Canadian premiere at this year's Hot Docs festival, attempts to put a happy face on a country racked with poverty and sectarian violence. Rather, by telling the stories of the actors hired to participate in a locally made television series about a co-ed, multi-ethnic soccer team, The Team shows the gaps between real young Kenyans and the characters they play on television — roles that have of course been designed to promote a sense of tolerance and understanding.

"We saw this kind of paradox, all the time" says Reed, who returned to Kenya four times over the course of a year to chart the progress of the series' first season shoot. "You'd see the actors on set, doing a scene that basically boils down to 'why can't we all just get along?', and then in between takes, they'll be arguing with each other about who is to blame, about who can't be trusted."

At the same time, The Team doesn't inscribe a sense of helplessness about its subjects and their lives. Reed, who previously made the documentary Triage about former Doctors Without Borders head James Orbinski, says he was trying to avoid certain journalistic cliches about the continent.

"I'm very proud of having worked on Shake Hands With the Devil (Peter Raymont's award-winning documentary about Romeo Dallaire) and Triage, but you can't help doubting yourself and wondering if these sorts of stories, where the hero is an outsider, feeds into the stereotypes of Africans as passive victims waiting to be saved — often from themselves," Reed said. "One of the things that really attracted me to The Team is that (the people in the film) aren't waiting around for anybody to save them — they're playing starring roles."

Hot Docs

Screenings. The Team screess Saturday at 6:45 p.m. at the ROM Theatre and Sunday at 7 p.m. at Revue Cinema. For ticket info go to hotdocs.ca.

Bieber not so eggcellently treated

Bieber mania hit Australia and then at least two Aussies hit back on stage and in air

Justin Bieber is having a rough time in Australia.

An audience member at a recent concert reportedly pelted the stage with eggs, nearly hitting the teen sensation with two of them, according to X17 Online.

But the seasoned performer didn't miss a beat and carried on with the show unshaken at Saturday night's performance in Sydney.

Then on the plane home, Bieber was reportedly labeled a flight risk for refusing to stay in his seat when the seatbelt sign was illuminated as teh plane was taxiing before takeoff, according to Sky News.

A Qantas flight attendant reportedly told Bieber that he "had been acting like a child and would therefore be treated like one." METRO

GETTY IMAGES

▶ Justin Bieber

Tatum to take it off in new film

Channing Tatum is returning to his exotic dancer roots for a new project.

The actor, who worked as a stripper before hitting it big, will star in Steven Soderbergh's next film, Magic Mike, about an exotic dancer and his protégé, according to the Huffington Post.

"This was a wild and pivotal time in my life and I couldn't be more thrilled to go down the rabbit hole with Steven," Tatum says in a statement.

Tatum spent some time in his hometown working as an exotic dancer before he was discovered by a model talent scout in Miami. METRO

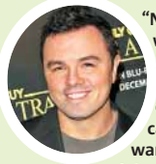
Celebrity tweets

Today, Rob Lowe is celebrating in New York, Seth MacFarlane still isn't satisfied, Jonah Hill doesn't need so many warnings, and Jenny McCarthy likes results.

@RobLowe

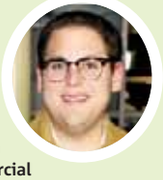
"At ground zero now. Everyone together. No separate religions or political parties. Just people. Americans together; proud."

@SethMacFarlane



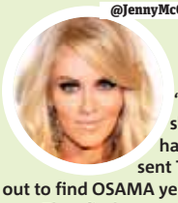
"Now that we've seen his birth certificate, I want to see proof that President Obama is black."

@JonahHill



"Saw a Verizon commercial where a guy harnessed the power of lightning to improve his phone. On the bottom it said, do not attempt. Yeah, I know."

@JennyMcCarthy



"We should have sent TMZ out to find OSAMA years ago. They find everyone."

ScarJo and Penn hand in hand

Scarlett Johansson attended this past weekend's White House Correspondents' Dinner with her fraternal twin brother, but left by the side of rumored boyfriend Sean Penn.

According to the Washington Post, sources spotted Penn give Scarlett his tuxedo jacket, and the pair were photographed holding hands as they left an after-party. METRO

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ISTOCK PHOTOS

▶ Taking a multivitamin is connected with the habit of indulgence, a new study shows.

Health or hedonist

People taking multivitamins tend to reward themselves with hard partying, study shows

CELIA MILNE
LIFE@METRONEWS.CA

Maybe we're all on a health teeter-totter. When we do something healthy, we often follow it up with something unhealthy.

Call it normal human behaviour.

An intriguing new study in Taiwan has shown that people who have taken a multivitamin tend to reward themselves by indulging in unhealthy behaviour (such as partying).

In the study, 82 people were divided into two groups: those who were told they were taking a multivitamin and those who weren't. The vitamin supplement group was more likely to take part in risky behaviours such as casual sex, sunbathing, wild parties, and excessive drinking than the group that didn't think they were taking a multivitamin. Those who thought they were taking a supplement also had a lower desire to exercise, to have a healthy meal, or to go for a long walk.

"People may simultaneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life."
DR. WEN-BIN CHIOU

"In general," lead author Dr. Wen-Bin Chiou of National Sun Yat-Sen University told Metro in an email, "people may simultaneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life. But after achieving ostensible progress toward the health goal by taking dietary supplements, they may feel entitled to reduce their efforts in this regard and pursue pleasurable activities."

Taking a multivitamin seems to be connected with the notion of invulnerability and indulgence.

The phenomenon works in reverse as well. "On the other hand,' he notes, "engagement in activities that pose health risks tends to motivate individuals to engage in acts that will restore health." An example of this is overeating and then taking a diet pill.

Chiou warns that people who take vitamin supplements need to be aware of the vicious cycle of doing something they perceive as healthy followed by an act of self-indulgence.

The study is to be published soon in the journal Psychological Science.

3 life

Vitamins

When it comes to buying dietary supplements, advice from the pharmacy is far more reliable than advice from health food stores. A study found that the amount of advice that was accurate from health food stores was seven per cent.
CELIA MILNE

Canada's Medical Hall of Fame inducting 6 new 'heroes' to its ranks

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ISTOCK PHOTO

▶ Would you hire this slumpy guy? No way!

Posture and promotions

Subconsciously, we think people are "weaker" if they have bad posture If you're one of them, read on

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

While you don't likely give much thought to how great your posture is, others do notice the way you stand. We are judged by how we hold ourselves. It's the difference between someone looking confident and healthy and someone looking beaten down.

"Good posture is the outcome of good muscular coordination throughout the entire body," explains Noël Kingsley, author of How to Free Yourself from Back Pain and practitioner of the Alexander Technique, a method that helps us restore natural balance, poise and coordination.

"Perfect posture is about feeling free, broad and expansive and standing at your full without effort or stiffness."

As children (between the age of three of four), we begin to develop bad habits that distort our body's natural posture. The Alexander Technique taps into the instincts we once had and liberates the

body from this self-inflicted strain and tension.

"Posture is a reflex we all have in us and getting it 'right' should be nothing more than a thought, basic messages going from nervous system to the muscles," explains Kingsley.

The idea is that you can tell your brain to lengthen your spine and reach to its full potential. Think of the head as going upwards and your back lengthening and shoulders widening.

The Alexander Technique re-teaches us to coordinate and harmonize our muscles so that we can become freer, more upright and release muscle tension. (Simply standing up straight won't help; doing so, you make yourself

"We are tapping into an instinct we have for healthy poise."
NOËL KINGSLEY, ALEXANDER TECHNIQUE PRACTITIONER.

rigid and stiffen your neck.)

Bad posture can affect our breathing, concentration and self-confidence. People with poor posture are often stooped and shy and this is often perceived as a sign of weakness. An improved and upright poise will bring you back to your full height (up to five centimetres) giving you something that in the long term will allow you to reach your full potential.

"Better balance means you are not leaning forward or stiff and will maintain a calm equilibrium through difficult circumstances," adds Kingsley.

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▶ Experts warn the emphasis on weight risked people is leading to increased teasing and bullying among the youth.

War on weight

As obesity campaigns escalate, skeptics warn of the worsening stigmatization against overweight people

The images are striking: Overweight boys and girls staring sombrely from billboards and online videos, real-life embodiments of the blunt messages alongside.

"Chubby kids may not outlive their parents," for example. Or: "Big bones didn't make me this way. Big meals did."

The ads — part of a new Stop Child Obesity campaign in Georgia — won some enthusiastic praise for their attention-grabbing tactics.

But they also have outraged parents, activists and academics who feel the result is more stigma for an already beleaguered and bullied group of children.

"Billboards depicting fat kids are extraordinarily

harmful to the very kids they are supposedly trying to help," said the National Association to Advance Fat Acceptance, which called for the billboards' removal.

The Georgia Children's Health Alliance, which created the ads, said they were necessary to jar parents of obese kids out of a state of denial that their children had a problem.

The furor reflects a broader nationwide phenomenon as states, cities and the White House itself — led by U.S. President Barack Obama's wife, Michelle Obama — expand efforts to curb obesity. For all the public support of these efforts, there's also a vocal and passionate corps of skeptics and critics worried that widespread discrimination toward the overweight and obese will only increase.

"Stigma is not an effective motivator," said Rebecca Puhl, a Yale University psychologist who is a leading expert on weight discrimination. "Whether children or adults, if they are teased or stigmatized, they're much more likely to engage in unhealthy eating and avoidance of physical activity."

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Today's studies

Shopping

Scientists at the Taiwan National Health research institute claim that nipping out to the shops could be good for your health. An enjoyable way to get exercise (walking), shopping reflects several aspects of personal wellbeing such as health and financial security. The study was based on over 65s, so if we can learn a lesson in longevity, it's to start shopping as soon as possible.

Coffee

Your post dinner coffee could be doing more than preventing you from falling asleep. Researchers at the University of Guelph, found that drinking coffee right after a fatty meal doubled blood sugar levels to a level similar to that of those at risk of diabetes. The study showed that saturated fat interfered with the body's ability to clear sugars from the bloodstream. When combined with caffeinated coffee, the impact is even worse.

What you do:

The pose's main focus is the upper back, so if you are suffering from back pain or similar conditions, use it yet be careful.

1. Sit with a thick blanket under your pelvis.
2. Cross the shins while widening the knees so that each foot is neatly kept beneath the opposite knee. The thighs should be folded inwards.
3. Keep your feet relaxed so that the inner arches are beneath the opposite shin. The leg fold of Sukhasana will be complete when you find a triangle formed by your two thighs and crossed shins when you look down.
4. Maintain an adequate gap between your pelvis and your feet.

Yoga pose.
Easy Pose/Sukhasana

While your pelvis should be in a neutral position, it should also be equidistant from the ground when compared with the pubic bone.

5. Your hands can be stacked on your lap with palms facing upwards or the wrists can be on your knees with palms facing downwards, gently assisting you in maintaining an erect spine. Do not excessively arch your lower back and point your lower front ribs in front.
6. Alternatively shift the leg crossing as you relax in the Easy Pose. You may do this yoga pose for any length of time you find comfortable.

Benefits

- Promotes mental calm and peace.
- Induces strength in your back and the spine.
- Results in stretching of your knees, ankles and feet.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

Thoughts on ... Fun

LIGHTEN UP. Have you forgotten how to have fun? Play is serious business for kids, so take some cues from the children in your midst. They approach their play time and flights of imagination with a kind of abandon most adults have forgotten is possible. Not only do we become boring when we don't make the time for fun, we also become unhappy. If you have trouble letting go of worries and responsibilities, imagine that you've sealed your cares in a box for a few hours and then go out and pursue the activity that makes your heart sing. **NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW. AWAKENINGSCANADA.COM**

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Sandra Rinomato holds a dust bunny as air quality expert Brian Stocks takes a closer look

GREIG REEKIE

BREATHE EASIER

BY FOLLOWING A FEW SIMPLE STEPS, ONTARIANS CAN IMPROVE THE AIR QUALITY IN THEIR HOMES

The quality of the air Ontarians breathe, both outside and indoors, plays a direct role in lung health. In particular, our homes can harbour a variety of chemicals and toxic particles generated by such items as cleaning, and personal care products and fireplaces.

Exposure to indoor pollutants such as dust, mould and tobacco smoke are linked to the worsening of lung diseases such as asthma. Given that Ontarians spend much of their time inside, it makes sense to reduce unnecessary indoor exposures as much as possible. Plus, doing so could make your home more appealing to potential buyers when you're ready to sell it.

"I know how important it is to have a clean clutter-free home when buying or selling, but it also benefits your health," says Toronto-based HGTV and real estate expert Sandra Rinomato. "The average adult breathes about 20,000 times each day, so cleaning up the air in your home makes a lot of sense."

For example, stuffed animals can collect dust and dust mites so it's best to minimize them. Washing in hot water is the most effective way to kill dust mites.

"People with lung disease, like asthma, need to know there are simple yet effective ways to improve the air quality in their home that will help them breathe easier," says Rinomato.

Visit The Lung Association's www.YourHealthyHome.ca to help identify and solve common indoor air quality problems that may be affecting you and your family's health. For more information about asthma, visit www.on.lung.ca or call 1-888-344-LUNG (5864).

TOP 5 TIPS EXERCISING SAFELY WITH ASTHMA

Canadian Olympic triathlete coach Barrie Shepley trains athletes, some with severe asthma. "The first thing I do is make sure they're working with their doctor to get their asthma under control," says Shepley. "Then I'm able to develop a program that will get them to the finish line safely."

The Ontario Lung Association offers these tips:

- Develop a "written asthma action plan" with your doctor or healthcare provider to determine how to adjust your treatment based on how well your asthma is under control.
- Manage your asthma by avoiding triggers, using your asthma medicines properly and following your written action plan so activity and exercise will be less likely to bother you.
- Warm up before exercising and cool down after.
- Cover your nose and mouth with a scarf when exercising outdoors in cold weather, to help warm and humidify the air.
- Move your work out inside if air pollution or pollen levels are high or it's a cold winter day.

Looking for more asthma tips? Call The Lung Association's Asthma Action Helpline at 1-888-344-LUNG (5864)

– Jane Doucet

ASTHMA Q&A

In Ontario, 1.7 million people have been diagnosed with asthma, and of that number, nearly 400,000 are children from infants up to age 14. Dr. Itamar Tamari, an Ontario family physician with extensive experience in asthma from his work in the Primary Care Asthma Program, answers some questions about the condition.

WHAT EXACTLY IS ASTHMA?

Asthma is a chronic lung disease that makes it difficult to breathe. A person's airways become narrow from inflammation, or spasm. Symptoms can include: coughing, wheezing, shortness of breath and coughing up phlegm.

WHAT ARE SOME COMMON TRIGGERS?

Some of the most common ones are dust, grass, mould, pet fur, dander and tobacco smoke. Part of asthma management includes avoiding triggers.

HOW IS ASTHMA TREATED?

The mainstay of treatment is inhaled steroids (anti-inflammatories) through an inhaler. If someone can't take steroids or doesn't want to, they should speak to their healthcare provider about other options.

WHAT'S AN ASTHMA ACTION PLAN AND WHY IS IT NECESSARY?

It's a written set of instructions by a healthcare provider to help an individual manage his or her own asthma. The Ontario Lung Association's website, www.on.lung.ca, has a template to create such a plan. It's a tool that helps people adjust the dosage of their medications based on their symptoms or their peak flow. These dosages have been discussed with their primary care provider.

WHAT ARE SOME COMMON MISCONCEPTIONS ABOUT ASTHMA?

First, people don't realize how serious it can be if it isn't well managed—people can die from it. Second, you might believe that you shouldn't be active or do sports if you have asthma. If asthma is well controlled, you can be as active as you want to be. In fact, many professional athletes have asthma.

And third, that children usually " outgrow" asthma. Some children might stop having asthma symptoms, but others might not, especially children who also have allergies. Asthma is a chronic lifelong condition. However, symptoms might lessen or disappear over time, then reappear a few years later; it's a very variable disease. The better it's controlled, the more chance there is of stopping the triggers and asthma attacks.

– Jane Doucet

Need more asthma info? Call for The Lung Association's newest handbook, "Taking Control" 1-888-344-LUNG (5864)

Liberty Belle Bistro serves up charming French classics

A limited menu offers expertly cooked crepes Other aspects need work

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

What a quaint little spot. Warm wood with whimsical decorative touches here and there (check out the bathrooms!) gives the small space a cosy feel.

A limited menu offers French classics like the Quebecquois ($12): egg, gruyere and ham enveloped in a crepe with a side of maple syrup.

This, with mixed greens and crisp fries, satisfies both savoury and sweet tooths.

The Nicoise Crepe ($12) is filled with tuna, cherry tomatoes, scallions and tangy vinaigrette. The side fingerling olive salad is tossed in a mustard dressing. It's a bit overwhelming, but not unenjoyable.

The crepes are light, thin and expertly cooked.

There are charms that aren't so charming — having to get up to read the blackboard menu and choices of sides for which we're never asked our preference. But overall, the room and food will sway you otherwise.

STEPHANIE DICKISON

▶ The Quebecquois with mixed greens and fries.

Liberty Belle Bistro
133 Jefferson Ave.
647-352-3553
libertybellebistro.com
Reservations: Yes
Social lunch: Yes
Rating: 4 out of 5

Antioxidant Snack Mix

With less butter, less sugar and more fibre and antioxidants, this snack mix doesn't have to be reserved just for parties. Portion out a few servings in plastic bags at the beginning of the week for a satisfying grab-and-go snack.

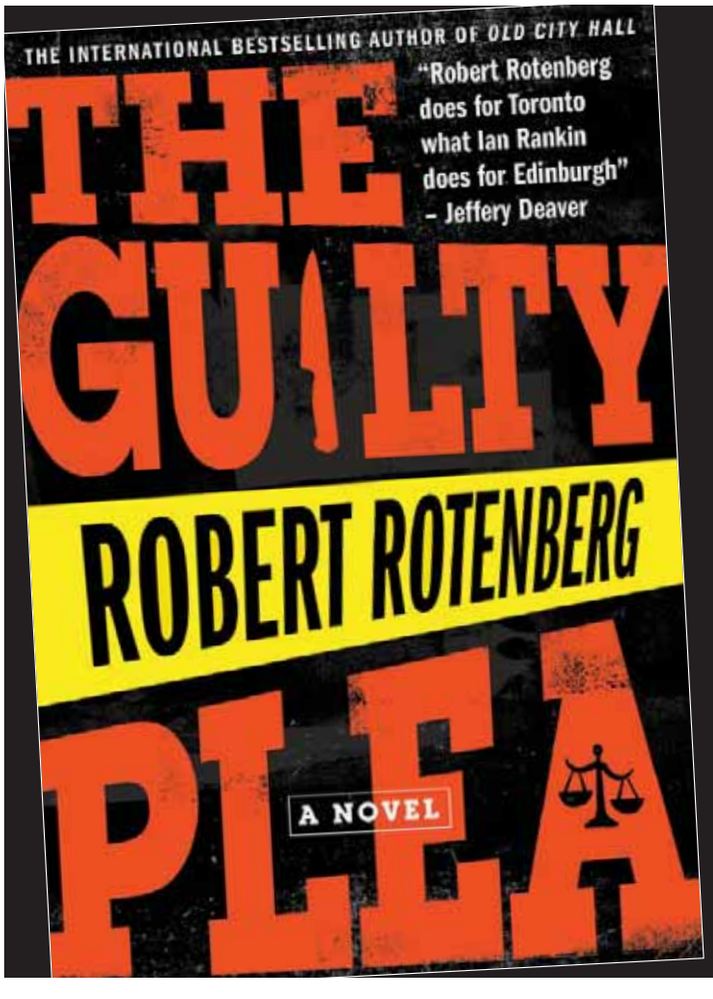
Preparation:

1. Line large sheet pan with waxed paper. In large resealable plastic bag, place cereal and cranberries.
2. In microwavable bowl, add chocolate chips, almond butter and margarine. Microwave on high heat, uncovered, for 1 minute. Stir. Heat for another 30 seconds. Stir until smooth.
3. Pour chocolate mix into plastic bag, seal and shake to coat. Add almond flour, almonds and icing sugar. Reseal and shake to coat.
4. Spread mix on waxed paper and cool. Refrigerate in container up to 1 week.

THE CANADIAN PRESS

Ingredients:

- 750 ml (3 cups) multigrain cereal squares
- 750 ml (3 cups) fibre cereal twigs
- 250 ml (1 cup) sweetened dried cranberries
- 175 ml (3/4 cup) dark chocolate chips
- 175 ml (3/4 cup) almond butter
- 125 ml (1/2 cup) enriched butter
- 175 ml (3/4 cup) almond flour
- 50 ml (1/4 cup) sliced almonds
- 175 ml (3/4 cup) icing sugar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FINDING LOVE IN A TIME OF ADVERSITY

Names:
Jodi, 33, and Angelo, 31

Hometown:
Toronto

Together since:
2008

Their story:

▶ Jodi and Angelo's love story began in a hospital.

In 2008, my mom suffered a stroke and fell into a coma.

Everyday, all day, I (Jodi) sat at the hospital.

I spent most of my time in the ICU's waiting room as I was not allowed to stick around when the doctors were in with my mom.

After a week straight of being there, seeing the same people day in, day out, I met a family whose son (Angelo) had been in a terrible car accident and was in an induced coma.

Over the next month, I saw them everyday and always asked about their son, as they did my mother.

A few weeks later, my mom and Angelo were released from the ICU and moved to different wards in the hospital.

One day, as I was leaving after a visit with my mother, I ran into Angelo and his sister in the elevator, and we finally met face to face.

Soon after, Angelo and I were bumping into each other regularly around the hospital, and I started visiting him in his room.

When Angelo was released from the hospital in July 2008, we exchanged numbers and began talking on the phone.

Our first "dates" were spent watching movies at his house as he wasn't yet in any condition to go out.

It's been three years since our fated meeting, and we are now living together.

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ANGELA PACIENZA & DEREK CHEZZI
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How do we meet new like-minded couples?

Angela says ...
Take a look at your common interests and find social events where people are doing things you enjoy.

Join a co-ed soccer or dodge ball league. Take a cooking class. Love music? Get out to concerts and chat up people near you after the show. Derek and I have also met great couples while travelling.

It's amazing how easy it is to strike up friendships once you find you're both from the same city. Try using a simple "You sound Canadian. Where are you from?" Love board games? Cafés and pubs are popping up across the country where folks gather to play Scrabble or Ticket to Ride.

Derek says...
Angela's approach requires investing a lot of time and energy, both of which are in short supply.

If you're looking for a quick way to boost your inner circle, friends of friends are your best bets.

Host a cocktail party, inviting a few couples and ask each to bring along an entertaining and engaging couple you've never met but with whom you'd get along.

You're bound to find at least one gem in the bunch.

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Travel Sep 14 - Sep 28/dl — + taxes & fees $351

Canada

Muskoka Victoria Day Weekend Family Special, 2 Nights 4-Star $179◊
Deerhurst Resort — taxes & fees included
INCLUDES accom on Peninsula Lake in Muskoka. Departs May 20/ggv. ADD 3-day economy car rental with unlimited mileage for $46 per day.

Montreal Victoria Day Long Weekend 3 Nights $199
Novotel Montreal Centre — taxes & fees included
INCLUDES downtown accom. Travel May 20/ggv. ADD roundtrip airfare for $208.

Niagara on the Lake Canada Day Weekend, 2 Nights $249
Hilton Garden Inn — taxes & fees included
INCLUDES accom near sights and attractions. Departs Jul 1/ggv. ADD winery tour for $16. UPGRADE to 4-star Pillar and Post for $32 per night.

All-inclusive Vacations

Puerto Plata 7 Nights 4-Star $257
Allegro Puerto Plata — + taxes & fees $388
Departs Jun 2/nol/ts. UPGRADE to the 5-star Bachata for $52 per night.

Costa Rica 7 Nights 4-Star $621
Allegro Papagayo — + taxes & fees $237
Departs Jun 5/acv/ac.

Europe

London
Air + First 2 Nights
$299
President Hotel — + taxes & fees $502
INCLUDES central accom with breakfast. Departs Sep 2/vat/wg. UPGRADE to 4-star NH Kensington for $7 per night. ADD 3-day BritRail England Flexipass for $207.

Munich Air + First 2 Nights $385
Hotel Alfa — + taxes & fees $502
INCLUDES central accom with breakfast daily. Departs Jun 14/vat/ts.

Paris Air + First 2 Nights $479
All Seasons Paris Bercy — + taxes & fees $475
INCLUDES central accom with breakfast. Departs Jun 13/vat/ts. ADD 3-days in 1-month France Rail Pass for $246.

Amsterdam Air + First 2 Nights $599
Ibis Amsterdam Center — + taxes & fees $406
INCLUDES central accom with breakfast. Departs May 11/vat/ts. ADD Benelux Rail Pass for $230.

Rome Air + First 3 Nights $647
Hotel San Remo — + taxes & fees $429
INCLUDES central accom near the Termini Railway Station with breakfast. Departs Jun 10/vat/ts. ADD 3-days in 2 months Italy Rail Pass for $186.

USA

Orlando
Family Special, Air + 7 Nights
$89◊
Champions World Resort — + taxes & fees $277
INCLUDES accom close to theme parks. Departs Jun 9/ggv/ts. BONUS complimentary shuttle service to theme parks. UPGRADE to 4-star Mona Lisa Suites Hotel for $21 per night. Pricing is per person based on 4.

Las Vegas Air + 4 Nights $385
Imperial Palace — + taxes & fees $307
INCLUDES accom on the strip. Departs Jul 3/swg. UPGRADE to 4-star Luxor Hotel from $16 per night.

Chicago Air + 2 Nights $399
Chicago Essex Inn — + taxes & fees $122
INCLUDES downtown accom. Departs Jun 17/ggv/dl.

Fly & Drive

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WHAT TO DO WITH YOUR TAX REFUND

FUN AND FRUGAL

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If you haven't filed your taxes yet, get on it!

According to Canada Revenue Agency (CRA), the average Canadian received a tax refund of $1,400 in 2008.

If you're teed up for a refund, you've got plenty of options. You can give, save, pay off debt or spend it. I'd recommendation a little of each.

Take 10 per cent off the top and give it to your charity of choice. Not only will this make you feel good, but the CRA will issue you an attractive tax credit which can be applied to next year's tax return.

Take 30 per cent and invest it in your RRSP. You'll receive another tax deduction for next year's return. Apply 30 per cent to bad debt such as credit cards, car loans or lines of credit. If you're lucky not to have bad debt, pay down your mortgage instead. Making an extra monthly or bi-weekly payment each year can shave years off your mortgage.

Use the remaining 30 per cent to reward yourself!

For richer, for poorer

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Money rule

A pre-nuptial credit check can save pain and shame down the road.

Kate and Will's nuptials kicked off the wedding season in fine, albeit expensive, style. If you're thinking of following suit — even if you can't afford the dress — you will, no doubt, have a long To Do list.

One item at the top should be, wait for it, checking out each other's credit report. I suggested this recently at a women's conference. "That is sooo intimate!" declared one attendee. "Too intimate!" agreed another.

True enough. Exposing this side of your life — especially if there's an underbelly to it — is the ultimate test of a relationship. But knowing each other's credit score and history avoids unpleasant surprises.

A couple I worked with on my television show, Maxed Out, had been together two years when they applied for a mortgage. Up popped a raft of delinquent, and unrevealed, loans on the women's credit report. They bought the house but had to borrow from a higher interest lender. Eventually the financial stress caused by the payments felled their marriage.

ISTOCK

▶ Dress, cake, credit check

Examining your credit report annually is a good practice in any case. My husband and I just discovered that our truck loan, paid off last year, still lingers as unpaid.

The government requires the two major credit reporting agencies, TransUnion (transunion.ca) and Equifax (equifax.ca), to provide free credit reports. You have to apply by mail. A full credit report, plus your credit score, will cost you around $25 from either agency and you can apply on-line.

It may not seem very romantic, but a credit report check-up is an important step for couples who want to build a sound financial foundation.

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Handy tips for spring cleaning your office

For many people, spring cleaning is a rite of passage.

However, spring cleaning is not just for the kitchen, garage and shed.

For the approximately 2.5 million Canadians who work from home or maintain a home office, this area should be of special consideration.

Before starting this year's spring cleaning, consider the following tips.

Keep, file, shred

Start by sorting through your papers and making three distinct piles: what you keep, what you file (and keep organized for later use) and what you shred.

Whatever you decide to shred get rid of right away. It will make an immediate difference in the amount of space you have.

File and organize

Once you've decided on what papers you will keep, set up a filing system that will be easy for you to follow.

Hanging or regular file folders can be an easy and convenient way to keep your papers organized and within easy reach.

Avoid misfiling by using a colour-coding system that assigns a different colour to different file categories like green for financial documents and red for personal folders.

Get organized and stay organized

Having your office in order and tidy creates a pleasant work environment, so why not stay organized throughout the year.

Schedule a designated day each month to sort through new documents and items.

NEWS CANADA

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Teens: Powerhouses in philanthropy

Poll shows one in five Canadian teens volunteer 40 hours of their free time

ISTOCK IMAGES

▶ Teenagers are some of the most active and involved people in Canada.

Teenagers. You know all about them. Those lazy, iPod-shuffling, Twitter-loving creatures whose only interest in the world is the latest trend in popular culture.

If this is still your view of the average teenager, you've got it all wrong. In fact, the next generation is poised to make our world a greater place than it has ever been.

Canadian teens are a philanthropic powerhouse. While most of them don't have the financial wherewithal to make big donations, they are contributing countless hours as volunteers and are making a big difference to the charities that they support.

As part of Mackenzie Investments' search for Canada's Top Teen Philanthropist, it conducted a poll to understand the philanthropic habits of Canadian teens.

Almost one in five Canadians between the ages of 13 and 19 are volunteering at least 40 hours of time in service of their communities.

Now you cynics out there might attribute this to the new volunteer requirements instituted by some provinces.

However, only one-third of teen volunteers cited these requirements as a motivator for their volunteer work. In other words, teenagers are motivated by altruism and the desire to make our world a better place.

This is big news, but what does it mean for the future of our planet?

Will today's teens be able to reverse the catastrophic impact of global warming?

Will our reliance on foreign oil end? Will we harness the sun and wind and rely on these natural sources as our primary sources of energy?

Based on what we know about today's teens, it's believed that the answer to each of these questions is a resounding yes.

Last year, 58 per cent of Canadian teens gave time, money, or both to support charity.

While the dollars might not be huge, it is the keen interest in giving and volunteering that is the most important indicator.

A new generation of Canadians with a focus on social and environmental betterment will spawn a new era of philanthropy in Canada — and this new era will undoubtedly be accompanied by a fundamental change in our social and political culture.

NEWS CANADA

64%

What exactly are our teens doing when they're sitting down in front of their computers? How is this changing the world? Well, if you must know, teens are using social media to spread the philanthropic spirit. Almost two-thirds of Canadian teens (64 per cent) say they talk about the charities they support on either Facebook or Twitter.

El Consulado General del Ecuador en Toronto

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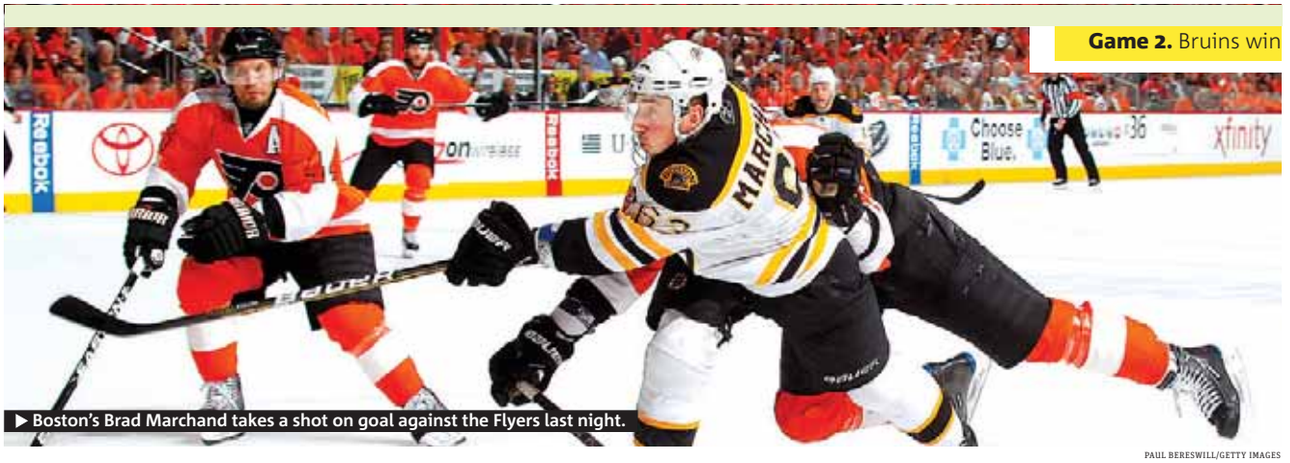

Game 2. Bruins win

▶ Boston's Brad Marchand takes a shot on goal against the Flyers last night.

PAUL BERESWILL/GETTY IMAGES

Krejci gives Bruins OT win over Flyers, 2-0 lead in series

David Krejci scored 14:01 into overtime and the Boston Bruins beat Philadelphia 3-2 last night to take a 2-0 lead in the Eastern Conference semifinal series.
Tim Thomas was phenomenal in net, stopping 46 straight shots after the Flyers took a quick 2-0 lead.
Krejci fired a one-timer from one knee that ricocheted off the back of the net and back onto the ice. Play continued until officials could review the call. But the goal was clearly good. THE ASSOCIATED PRESS

Defensive battle

- **Both Vancouver Canucks and Nashville Predators expect stingy defence to continue**
- **Canucks allowed a league-fewest 185 goals all season, Predators were third with 194**

222761

In Nashville, it's dubbed the Predator Way: Work hard, scrap, defend at all costs and score just enough timely goals to win.

Nashville certainly isn't changing its ways in the Western Conference semifinals.

"We're OK with the hard stuff," Nashville coach Barry Trotz said yesterday after practice. "If anybody's been around us ... we haven't done anything easy ever. The harder it gets, it might sound sick, but we get really good when it gets hard. Great resiliency, and I expect us to up our compete level and conviction level even higher."

The Predators evened their series with Vancouver at 1-1 by pushing the Canucks into double overtime before winning 2-1 Saturday night. Only three goals have been scored in the first two games, and the Canucks are bracing for more of the same tonight for Game 3.

CANUCKS | PREDATORS

▶ **Time:** 9 p.m.
Channel: CBC

These teams feature two of the three Vezina Trophy finalists; Canucks goalie Roberto Luongo and Pekka Rinne of Nashville. Vancouver may have scored more goals in the regular season than anyone in the NHL, but the Canucks also held opponents to a league-fewest 185 goals. Nashville was third, allowing 194.

Canucks coach Alain Vigneault said both teams also play very well without the puck.

"There's not a lot of room. There's not a lot of time out there to make plays, and (Rinne is) a good goaltender. You've got to give him credit. I didn't expect coming into this these would be high-scoring games, and they haven't been so far," he said.

THE CANADIAN PRESS

4 sports

Quoted

"Everybody wants more from Alex. I think he's trying out there. He's working hard. What are you going to say? ... We need more from everybody. We don't just need more from Alex."

CAPITALS COACH BRUCE BOUDREAU REJECTED THE NOTION THAT ALEX OVECHKIN HAS TO DO MORE IF HIS TEAM IS GOING TO COME BACK TO BEAT THE LIGHTNING AFTER LOSING THE FIRST TWO GAMES.

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NATIONAL HOCKEY LEAGUE

PLAYOFFS

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CONFERENCE SEMI-FINALS

(Best-of-7 series)

EASTERN CONFERENCE

WASHINGTON VS. TAMPA BAY (Tampa Bay leads 2-0)
Sunday's result
Tampa Bay 3 Washington 2 (OT)
Tonight's game
Washington at Tampa Bay, TBA
Wednesday's game
Washington at Tampa Bay, 7 p.m.
Saturday, May 7
x-Tampa Bay at Washington, 12:30 p.m.
Monday, May 9
x-Washington at Tampa Bay, TBA
Wednesday, May 11
x-Tampa Bay at Washington, TBA

PHILADELPHIA VS. BOSTON (Boston leads 2-0)
Last night's result
Boston 3 Philadelphia 2 (OT)
Tomorrow's game
Philadelphia at Boston, 7 p.m.
Friday's game
Philadelphia at Boston, 8 p.m.
Sunday, May 8
x-Boston at Philadelphia, 3 p.m.
Tuesday, May 10
x-Philadelphia at Boston, TBA
Thursday, May 12
x-Boston at Philadelphia, TBA

WESTERN CONFERENCE

VANCOUVER VS. NASHVILLE (Series tied 1-1)
Saturday's result
Nashville 2 Vancouver 1 (2OT)
Tonight's game
Vancouver at Nashville, 9 p.m.
Thursday's game
Vancouver at Nashville, 8:30 p.m.
Saturday, May 7
Nashville at Vancouver, 8 p.m.
Monday, May 9
x-Vancouver at Nashville, TBA
Wednesday, May 11
x-Nashville at Vancouver, TBA

SAN JOSE VS. DETROIT (San Jose leads 2-0)
Sunday's result
San Jose 2 Detroit 1
Tomorrow's game
San Jose at Detroit, 8 p.m.
Friday's game
San Jose at Detroit, 7 p.m.
Sunday, May 8
x-Detroit at San Jose, 8 p.m.
Tuesday, May 10
x-San Jose at Detroit, TBA
Thursday, May 12
x-Detroit at San Jose, TBA
x — if necessary.

LIGHTNING 3, CAPITALS 2 (OT)

First Period
1. Tampa Bay, Lecavalier 3 (St. Louis, Malone) 19:01 (pp)
Penalties — Knuble Wash (interference) 7:14, Downie TB (holding) 9:04, B.Jones TB (tripping) 12:11, Clark TB (cross-checking) 14:08, Ovechkin Wash (high-sticking) 17:56.
Second Period
2. Washington, Laich 1 (Backstrom, Erskine) 14:52
Penalties — Malone TB (high-sticking) 1:33, Bergeron TB (hooking) 4:17, Green Wash (roughing) 6:02, Bergenheim TB (hooking) 11:00, Schultz Wash (holding) 15:28.
Third Period
3. Tampa Bay, St. Louis 5 (Purcell) 7:35
4. Washington, Ovechkin 4 (Arnott, Laich) 18:52
Penalty — Green Wash (roughing) 8:32.
First Overtime
5. Tampa Bay, Lecavalier 4 (Purcell, R.Jones) 6:19
Penalties — None.
Shots on goal by

Tampa Bay	6	3	11	3	—23
Washington	11	16	5	5	—37

Goal — Tampa Bay: Roloson (W,6-3-0); Washington: Neuvirth (L,4-3-0).
Power plays (goals-chances) — Tampa Bay: 1-5; Washington: 0-6.
Referees — Chris Lee, Tim Peel.
Attendance — 18,398 (18,398).

SCORING LEADERS

	G	A	PT
Giroux, Pha	1	10	11
St. Louis, TB	5	5	10
Lecavalier, TB	4	6	10
Cammalleri, Mtl	3	7	10
P.Bergeron, Bos	2	8	10
Clowe, SJ	4	5	9
Downie, TB	2	7	9
Briere, Pha	7	1	8
Marchand, Bos	3	5	8
Datsyuk, Det	2	6	8
Perry, Ana	2	6	8
Purcell, TB	1	7	8
Selanne, Ana	6	1	7
D.Sedin, Vcr	5	2	7
Burrows, Vcr	4	3	7
Ovechkin, Wash	4	3	7
Couture, SJ	2	5	7
Gagne, TB	2	5	7
Gragnani, Buf	1	6	7
S.Koivu, Ana	1	6	7
Keith, Chi	4	2	6
Fisher, Nash	3	3	6
Kelly, Bos	3	3	6
Ward, Nash	3	3	6
Bolland, Chi	2	4	6
Getzlaf, Ana	2	4	6
Hossa, Chi	2	4	6
J.Thornton, SJ	2	4	6
Brewer, TB	1	5	6
P.Kane, Chi	1	5	6
Laich, Wash	1	5	6
Myers, Buf	1	5	6
M.Richards, Pha	1	5	6
I.White, SJ	1	5	6
van Riemsdyk, Pha	5	0	5
Vanek, Buf	5	0	5
Bergenheim, TB	4	1	5
Horton, Bos	4	1	5
Pavelski, SJ	4	1	5
Semin, Wash	4	1	5
Doan, Phx	3	2	5
Clifford, LA	3	2	5
Gionta, Mtl	3	2	5
Krejci, Bos	3	2	5
Leino, Pha	3	2	5
Sharp, Chi	3	2	5
Stamkos, TB	3	2	5
S.Weber, Nash	3	2	5
Frolik, Chi	2	3	5
Heatley, SJ	2	3	5
Holmstrom, Det	2	3	5
Johansson, Wash	2	3	5

Not including last night's game

HOCKEY

IIHF

MEN'S WORLD CHAMPIONSHIP

Yesterday's results
At Bratislava
Denmark 6 Czech Republic 0
Finland 3 Latvia 2 (SO)
At Kosice
Sweden 3 Austria 0
U.S. 4 Norway 2
Sunday's results
At Bratislava
Russia 6 Slovenia 4
Germany 4 Slovakia 3
At Kosice
Canada 9 France 1
Switzerland 4 Belarus 1
Today's games
At Bratislava
Slovenia vs. Germany, 10:15 a.m.
Russia vs. Slovakia, 2:15 p.m.
At Kosice
Canada vs. Switzerland, 10:15 a.m.
France vs. Belarus, 2:15 p.m.

TENNIS

MADRID OPEN

At Madrid
MEN
Singles
First Round
Gael Monfils (9), France def. Ivo Karlovic, Croatia, 6-3, 7-6 (6).
John Isner, U.S., def. Mardy Fish (11), U.S., 7-6 (5), 4-6, 7-6 (3).
Flavio Cipolla, Italy, def. Andy Roddick (12), U.S., 6-4, 6-7 (7), 6-3.
Michael Llodra, France, def. Sam Querrey, U.S., 6-2, 6-3.
Pere Riba, Spain, def. Kei Nishikori, Japan, 6-2, 6-4.
Adrian Mannarino, France, def. Juan Ignacio Chela, Argentina, 4-6, 6-4, 6-4.
Sergiy Stakhovsky, Ukraine, def. Albert Montanes, Spain, 7-6 (6), 3-6, 7-6 (5).
Marin Cilic, Croatia, def. Potito Starace, Italy, 7-6 (5), 6-4.
Xavier Malisse, Belgium, def. Victor Hanescu, Romania, 3-6, 6-4, 7-5.
Thiermo de Bakker, Netherlands, def. Juan Carlos Ferrero, Spain, 2-6, 7-5, 6-4.
Marcos Baghdatis, Cyprus, def. Alejandro Falla, Colombia, 6-3, 3-6, 7-6 (5).
Daniel Gimeno-Traver, Spain, def. Richard Gasquet, France, 3-6, 6-4, 6-3.
WOMEN
Singles
First Round
Li Na (6), China, def. Maria Jose Martinez Sanchez, Spain, 6-4, 7-6 (6).
Alisa Kleybanova, Russia, def. Shahar Peer (9), Israel, 6-3, 6-2.
Iveta Benesova, Czech Republic, def. Barbora Zahlavova Strycova, Czech Republic, 6-3, 6-2.
Roberta Vinci, Italy, def. Olga Govortsova, Belarus, 6-4, 6-0.
Lucie Safarova, Czech Republic, def. Anabel Medina Garrigues, Spain, 6-2, 2-6, 7-6 (3).
Second Round
Vera Zvonareva (2), Russia, def. Elena Vesnina, Russia, 0-6, 6-3, 6-3.
Victoria Azarenka (4), Belarus, def. Sofia Arvidsson, Sweden, 6-1, 6-1.
Maria Sharapova (8), Russia, def. Ekaterina Makarova, Russia, 6-3, 3-6, 6-1.
Arantxa Parra Santonja, Spain, def. Andrea Petkovic (13), Germany, 6-2, 7-6 (5).

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	17	9	.654	—
Tampa Bay	15	13	.536	3
Baltimore	13	13	.500	4
Toronto	13	15	.464	5
Boston	12	15	.444	5½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	19	8	.704	—
Kansas City	15	13	.536	4½
Detroit	12	17	.414	8
Chicago	10	19	.345	10
Minnesota	9	18	.333	10

WEST DIVISION

	W	L	Pct	GB
Los Angeles	16	12	.571	—
Texas	16	13	.552	½
Oakland	15	14	.517	1½
Seattle	13	16	.448	3½

Yesterday's results
Oakland 5 Texas 4 (10 ings)
N.Y. Yankees 5 Detroit 3
L.A. Angels at Boston
Baltimore at Chicago White Sox
Sunday's results
Cleveland 5 Detroit 4
N.Y. Yankees 5 Toronto 2
Boston 3 Seattle 2
L.A. Angels 6 Tampa Bay 5
Baltimore 6 Chicago White Sox 4
Kansas City 10 Minnesota 3
Oakland 7 Texas 2
Tonight's games
Toronto (Jo-.Reyes 0-2) at Tampa Bay (W.Davis 3-2), 6:40 p.m.
N.Y. Yankees (Sabathia 2-1) at Detroit (Penny 1-3), 7:05 p.m.
L.A. Angels (Haren 4-1) at Boston (Lester 3-1), 7:10 p.m.
Baltimore (Bergesen 0-3) at Kansas City (Francis 0-3), 8:10 p.m.
Minnesota (Liriano 1-4) at Chicago White Sox (E.Jackson 2-3), 8:10 p.m.
Cleveland (Carmona 2-3) at Oakland (T.Ross 1-2), 10:05 p.m.
Texas (Ogando 3-0) at Seattle (Bedard 1-4), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	18	9	.667	—
Florida	17	9	.654	½
Atlanta	15	15	.500	4½
Washington	14	14	.500	4½
New York	12	16	.429	6½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	16	12	.571	—
Cincinnati	14	14	.500	2
Milwaukee	13	15	.464	3
Pittsburgh	13	15	.464	3
Chicago	12	15	.444	3½
Houston	11	17	.393	5

WEST DIVISION

	W	L	Pct	GB
Colorado	17	9	.654	—
Los Angeles	14	15	.483	4½
San Francisco	13	15	.464	5
Arizona	12	15	.444	5½
San Diego	11	17	.393	7

Last night's games
Atlanta 6 Milwaukee 2
Washington 2 San Francisco 0
Houston at Cincinnati (ppd., rain)
Florida at St. Louis
Pittsburgh at San Diego
Chicago Cubs at L.A. Dodgers
Sunday's results
Washington 5 San Francisco 2
Atlanta 6 St. Louis 5
Houston 5 Milwaukee 0
Pittsburgh 8 Colorado 4
Arizona 4 Chicago Cubs 3
Florida 9 Cincinnati 5
San Diego 7 L.A. Dodgers 0
N.Y. Mets 2 Philadelphia 1 (14 ings)
Tonight's games
Washington (L.Hernandez 3-2) at Philadelphia (Hamels 3-1), 7:05 p.m.
Houston (Happ 1-4) at Cincinnati (Leake 3-0), 7:10 p.m.
Milwaukee (Estrada 1-0) at Atlanta (Hanson 3-3), 7:10 p.m.
San Francisco (Vogelsong 1-0) at N.Y. Mets (Dickey 1-3), 7:10 p.m.
Florida (Ani.Sanchez 1-1) at St. Louis (McClellan 4-0), 8:15 p.m.
Colorado (De La Rosa 4-0) at Arizona (J.Saunders 0-3), 9:40 p.m.
Pittsburgh (Karstens 2-1) at San Diego (Latos 0-4), 10:05 p.m.
Chicago Cubs (Dempster 1-3) at L.A. Dodgers (Billingsley 2-1), 10:10 p.m.

LACROSSE

NLL PLAYOFFS

All times Eastern

DIVISIONAL SEMI-FINALS

EAST DIVISION
Yesterday's result
Toronto 10 Rochester 8
Saturday's result
Buffalo 11 Boston 10
WEST DIVISION
Saturday's results
Calgary 10 Colorado 6
Washington 14 Minnesota 8

DIVISIONAL FINALS

Saturday, May 7
EAST DIVISION
Toronto at Buffalo, 7:30 p.m.
WEST DIVISION
Washington at Calgary, 9:30 p.m.

CHAMPIONSHIP

Champions Cup
East vs. West champions, TBA

SOCCER

SPAIN

LA LIGA

Yesterday's result
Espanyol 2 Athletic Bilbao 1

ITALY

SERIE A

Yesterday's result
Lazio 0 Juventus 1

EUROPEAN CHAMPIONS LEAGUE

SEMIFINALS — Second Leg
Today's game
Barcelona (Spain) vs. Real Madrid (Spain), 2:45 p.m.

NBA

PLAYOFFS

All times Eastern

SECOND ROUND

(Best-of-7 series)
EASTERN CONFERENCE
Chicago (1) vs. Atlanta (5)
Last night's result
Atlanta at Chicago
Miami (2) vs. Boston (3) (Miami leads 1-0)
Sunday's result
Miami 99 Boston 90
Tonight's game
Boston at Miami, 7 p.m.
WESTERN CONFERENCE
L.A. Lakers (2) vs. Dallas (3)
Last night's result
Dallas at L.A. Lakers
Oklahoma City (4) vs. Memphis (8) (Memphis leads 1-0)
Sunday's result
Memphis 114 Oklahoma City 101
Tonight's game
Memphis at Oklahoma City, 9:30 p.m.

GOLF

WORLD GOLF RANKING

Through May 2

1. Lee Westwood	ENG	8.22
2. Martin Kaymer	GER	7.55
3. Luke Donald	ENG	7.27
4. Phil Mickelson	USA	6.55
5. Graeme McDowell	NIR	5.65
6. Rory McIlroy	NIR	5.54
7. Tiger Woods	USA	5.54
8. Paul Casey	ENG	5.49
9. Steve Stricker	USA	5.34
10. Bubba Watson	USA	5.24
11. Matt Kuchar	USA	5.24
12. Charl Schwartzel	SAF	5.08
13. Dustin Johnson	USA	5.07
14. Jim Furyk	USA	4.79
15. Nick Watney	USA	4.61
16. Ernie Els	SAF	4.34
17. Adam Scott	AUS	4.21
18. Ian Poulter	ENG	4.12
19. Francesco Molinari	ITA	4.07
20. Hunter Mahan	USA	4.05
21. Martin Laird	SCO	3.99
22. Robert Karlsson	SWE	3.98
23. Miguel Angel Jimenez	ESP	3.92
24. Jason Day	AUS	3.87
25. Retief Goosen	SAF	3.80

LPGA MONEY LEADERS

Through May 1

	Trn	Money
1. Yani Tseng	6	$570,478
2. Karrie Webb	6	$492,863
3. Stacy Lewis	6	$425,405
4. Sandra Gal	5	$328,015
5. I.K. Kim	4	$271,144
6. Maria Hjorth	5	$270,980
7. Michelle Wie	5	$258,881
8. Morgan Pressel	6	$228,693
9. Na Yeon Choi	5	$220,551
10. Jiyai Shin	5	$217,112
11. Cristie Kerr	6	$217,029
12. Paula Creamer	6	$197,306
13. Angela Stanford	6	$194,753
14. Suzann Pettersen	5	$183,496
15. Song-Hee Kim	6	$178,374
16. Sun Young Yoo	6	$169,484
17. Brittany Lincicome	6	$169,159
18. Amy Yang	6	$146,749
19. Juli Inkster	6	$133,194
20. Katie Futcher	4	$128,610
21. Mika Miyazato	5	$117,964
22. Mindy Kim	4	$104,440
23. Anna Nordqvist	5	$100,739
24. Katherine Hull	6	$85,388
25. Catriona Matthew	4	$82,644

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Wings' hope lies at home

Detroit looks for a jolt from Joe Louis Arena to avoid being ousted by San Jose for second straight year

The Detroit Red Wings need home ice to be an advantage against the San Jose Sharks or they will be on vacation soon.

The Sharks have taken a 2-0 lead over Detroit with two one-goal wins at home in their Western Conference semifinal.

"You can't feel sorry for yourself," Red Wings defenceman Nicklas Lidstrom said. "We have to rebound as a team.

"It's been two close games and they've got the break each time."

San Jose got by with 2-1 wins in both games thus far. When the series shifts to Detroit tomorrow night, the Sharks are hoping to match Detroit's urgency.

"We're going to expect two desperate teams to be playing — we want to be one of them," said San Jose coach Todd McLellan. "We know it's going to be a tough task in Detroit."

The Red Wings have lost the first two games of a series seven times during their two-decade post-season streak and have rallied only once, beating Vancouver in six games of the first round in 2002 before going on to win the Stanley Cup.

THE ASSOCIATED PRESS

"They're obviously desperate now. They have nothing to lose. They're going to come out hard."

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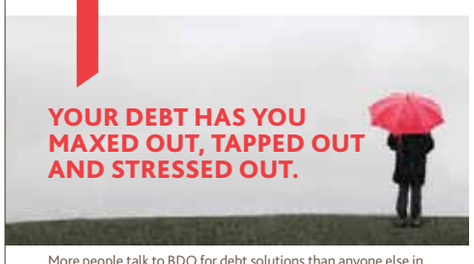
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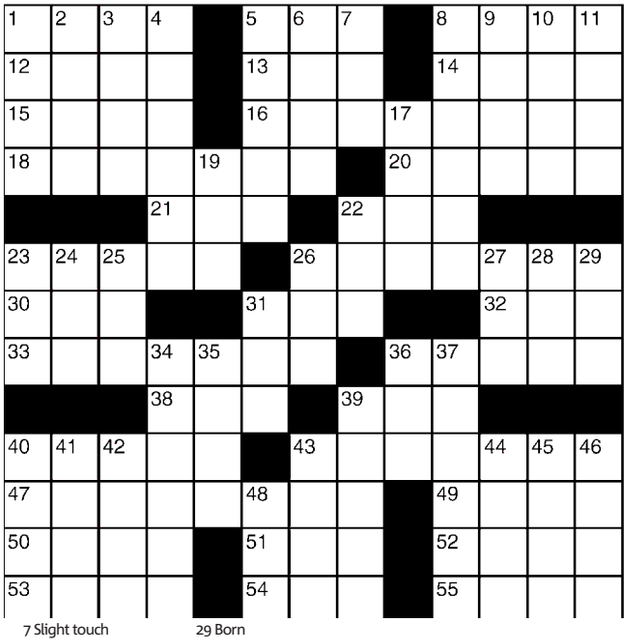
Crossword



Across
1 Teen's woe
5 "El —"
8 Hand warmer
12 Haul behind
13 Modern-day evidence
14 Norway's capital
15 Deep sound from a bell
16 "Swiss Family —"
18 Big name in TV dinners
20 Exposed
21 Resistance measure
22 Energy
23 Canyon
26 Noted NYC avenue
30 Lawyers' org.
31 Lustrous black
32 Exist
33 Springfield surname
36 Moolah
38 Choose
39 Baby food
40 Flight component
43 State capital on the Pearl River
47 "Locksley Hall" poet
49 Beige
50 Oodles
51 — out a living
52 Right on the map?
53 Longings
54 Slithery fish
55 Experts

Down
1 Tosses in
2 Cornfield invader
3 "Peter Pan" pooch
4 One full of Christmas spirit?
5 PC insert
6 Privy to
7 Slight touch
8 Address for a French friend
9 Cold War abbr.
10 Iceberg chunk
11 Loving
17 Footnote abbr.
19 That woman
22 Cistern
23 Petrol
24 Kimono closer
25 Aries
26 Chaps
27 Pouch
28 Bobby of hockey lore
29 Born
31 Make marginalia
34 "1,000 — of light"
35 Agile
36 Fond du —, Wis.
37 Maintenance
39 "What's My Line?" group
40 Remain
41 Far (Pref.)
42 Unsigned (Abbr.)
43 Gag
44 Cicatrix
45 Approximately
46 Crazy
48 Witness

▶ Yesterday's answer

P	L	O	D		B	A	Y		B	E	E	F
L	A	V	E		A	G	E		A	X	L	E
E	V	I	L		D	O	G	H	O	U	S	E
B	A	D	E	G	G		G	O	B	L	E	T
			T	O	E	D		P	A	T		
D	O	G	E	A	R	E	D		B	A	K	E
D	N	A		T	E	P	E	E		N	O	T
T	E	S	T		D	O	G	M	A	T	I	C
		L	A	G		T	A	I	L			
O	P	I	N	E	D		U	T	O	P	I	A
D	O	G	G	E	R	E	L		H	U	N	T
E	C	H	O		A	L	L		A	L	T	O
S	O	T	S		B	Y	E		S	L	O	P

Sudoku

					6			7
3	7			5		9		
			1		3			5
			5	1		4		
8		1				5		6
		3		2	7			
5			8		4			
		6		9			8	3
9			2					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

To Hermosa Caracolita Heleny. I love you so much my beautiful little snail girl! You're the most special and beituful I've ever had in my whole life and all I want to have forever! Thanks for giving me the opportunity to be in your life! You make me the happiest man in the entire universe! I Love You!! Never forget it!! From Tu Eternamente Enamorado **CARLITOS**

Dear honey bunny, i know that you always do sudoku and other stuff in metro, and i wanted you to know that im really happy that savage introduced us last year. love you lots <3 From **YOUR OTHER HALF**

Rudy, In the past three years we have been through a lot. We have hurt eachother in more ways than one. I hope our friendship last a lifetime. I will always have a special place for you in my heart. From **BEST FRIEND**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries** **March 21-April 20** You need to get serious about your cash flow situation.

♉ **Taurus** **April 21-May 21** Aim for the sky today and for the rest of the week – you'll reach it with ease.

♊ **Gemini** **May 22-June 21** You don't have to do anything special, but you do have to think — deeply.

♋ **Cancer** **June 22-July 22** Think of all the times you've held back in the past and regretted it. Act now.

♌ **Leo** **July 23-Aug.23** If you are in any way dissatisfied with your lot, now is the time to make changes.

♍ **Virgo** **Aug. 24- Sept. 22** Be positive at all times and in all things, and you'll thrive.

♎ **Libra** **Sept. 23-Oct. 23** If money is a problem don't be afraid to ask others for assistance – they'll help because they believe in you.

♏ **Scorpio** **Oct. 24-Nov. 22** Be more open about what you desire.

♐ **Sagittarius** **Nov. 23-Dec. 21** Do something today that brings the freshness back into your life.

♑ **Capricorn** **Dec. 22-Jan. 20** No matter how cautious you may be most of the time this is a day when you can be bold.

♒ **Aquarius** **Jan. 21-Feb. 18** Your home life is a bit tense at the moment.

♓ **Pisces** **Feb. 19-March 20.** Just trust that fate in its wisdom knows what you need. It always does. **SALLY BROMPTON**

Caption contest

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

SUNDAY ALAMBA/THE ASSOCIATED PRESS

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